

Snack for the afternoon club, City of Helsinki, Palmia

WEEK 1	31, 37, 43, 49, 03, 09, 15, 21
MONDAY	
Snack	Rosehip berry soup (M G VEG) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bread, selection of drinks, spread for bread
TUESDAY	
Snack	Carelian pastry (L S N) Egg Spread (M G S N) Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bread, selection of drinks, spread for bread
WEDNESDAY	
Snack	Apricot Quark (L G S N) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bread, selection of drinks, spread for bread
THURSDAY	
Snack	Lingonberry Porridge (M VEG) and lingonberries Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bread, selection of drinks, spread for bread
FRIDAY	
Snack	Berry Soup (M G VEG) Bread Cheese Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bread, selection of drinks, spread for bread
	L = lactose-free, VL = low-lactose, M = dairy free, G = gluten-free, S = pork free, N = beef free, VEG= vegan

WEEK 2	32, 38, 44, 50, 04, 10, 16, 22
MONDAY	
Snack	Strawberry Porridge (M VEG) and strawberries Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
TUESDAY	
Snack	Blueberry Quark (L G S N) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
WEDNESDAY	
Snack	Bread Cheese Fresh piece of fruit or vegetable Apricot Juice Drink (M G VEG)
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
THURSDAY	
Snack	Apple- and Pear Soup (M G VEG) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
FRIDAY	
Snack	Pancakes (L S N) Berries Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
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WEEK 3	33, 39, 45, 51, 05, 11, 17
MONDAY	
Snack	Whole Grain Pizza Bread With Vegetable filling (L S N) Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
TUESDAY	
Snack	Fruit Soup (L G S N) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
WEDNESDAY	
Snack	Red currant Porridge (M VEG) and red currant jam Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
THURSDAY	
Snack	Mango Smoothie (L G S N) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
FRIDAY	
Snack	Bread Liverwurst (M G) Fresh piece of fruit or vegetable Apple Juice
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
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WEEK 4	34, 40, 46, 52, 06, 12, 18
MONDAY	
Snack	Organic Yoghurt (L G S N) Muesli made from Organic Grains (M VEG) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
TUESDAY	
Snack	Fruit Salad (M G VEG) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
WEDNESDAY	
Snack	Raspberry Soup (M G VEG) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
THURSDAY	
Snack	Organic Apricot Porridge (M VEG) and apricot puré Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
FRIDAY	
Snack	Carelian pastry (L S N) Cold cuts (M G) Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
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WEEK 5	35, 41, 47, 01, 07, 13, 19
MONDAY	
Snack	Rosehip Quark (L G S N) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
TUESDAY	
Snack	Carrot Pancakes (L S N) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
WEDNESDAY	
Snack	Mango Soup (M G VEG) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
THURSDAY	
Snack	Blueberry Porridge (M VEG) and blueberries Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
FRIDAY	
Snack	Bread Cold cuts Fresh piece of organic fruit or vegetable Chocolate Drink, Low Sugar (L G S N)
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
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WEEK 6	36, 42, 48, 02, 08, 14, 20
MONDAY	
Snack	Rye Sandwich with Chicken (L S N) Fresh piece of fruit or vegetable Apple Shot (M G VEG)
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
TUESDAY	
Snack	Apricot Soup (M G VEG) Bread Selection of Fruit
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
WEDNESDAY	
Snack	Mango Porridge (M VEG) and mangopuré Bread Fresh piece of organic fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
THURSDAY	
Snack	Lingonberry Quark (L G S N) Bread Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
FRIDAY	
Snack	Fruitsalad (M G VEG) Bread Cheese Fresh piece of fruit or vegetable
Sides	Crisp bread, organic crisp bread, organic thin crisp bead, selection of drinks, spread for bread
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